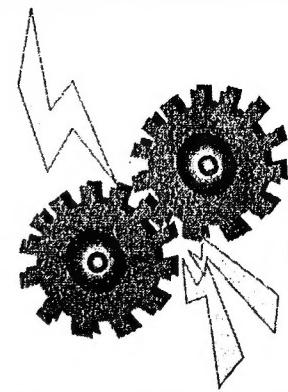


The Gateway

The University of Nebraska at Omaha's Student Newspaper

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Got
Your
Gears
Grinding?

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The Tip Toe Plunge

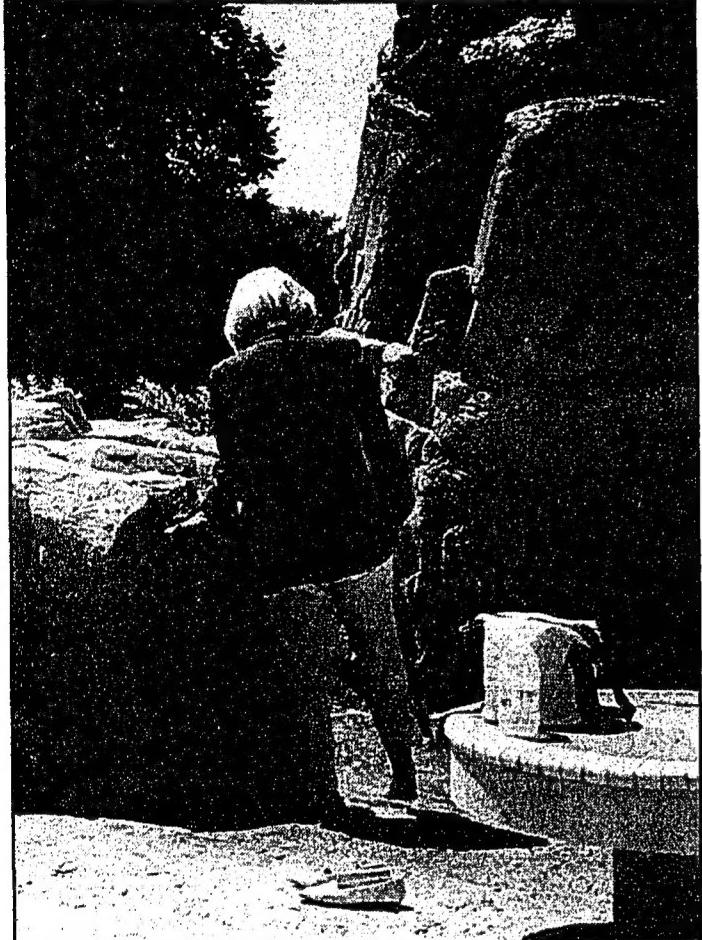


photo by Chad Greene

Carla Frakes, UNO director of Graduate Studies, takes a refreshing, ankle-deep dip in the pool surrounding the fountain just southeast of the Milo Bail Student Center.

by Jonathan McDonald

Ancient ruined cities, biblical mysticism and profound archaeological finds are not usually associated with UNO, but after this summer they certainly could be.

UNO and the government of Israel head a consortium of universities entrusted with the task of excavating the ancient town of Bethsaida. The license held by UNO is good through the year 2000, but all digging at the Bethsaida site has stopped until next May, despite it being, according to Project Director Richard Freund, "one of the more spectacular finds of the 20th century."

The excavation is being halted so Rami Arav, Director of Field Excavations at Bethsaida, can come to UNO to teach classes in Biblical Archaeology during the fall and spring semesters. There can be no digs at the site without his supervision. Arav is currently in Switzerland presenting a paper on Bethsaida at a conference of the Society of Biblical Literature.

During the second of four three-week summer trips made by UNO students to the ruined city located in the Golan

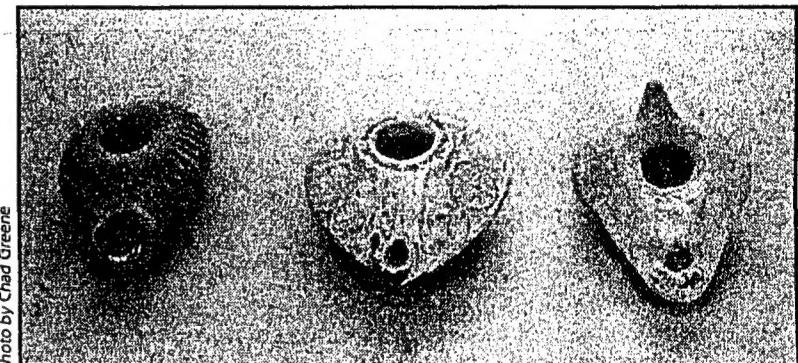
Heights of Israel, an Iron-age era stele or ceremonial stone was found. Made out of basalt it depicts a stylized bull with a sword. "The antiquity authority in Israel is amazed," said Charleen Green, a pottery conservator for the project and summer curator of the Bethsaida exhibit on campus. "They've never seen anything like it." The purpose and nature of the stele are currently a mystery.

Bethsaida was built, according to project research, around the 10th century BCE and was a major travel and commerce site until it disappeared shortly after the time of Christ. It is mentioned often in the New Testament as the place where

Jesus walked on water, healed the blind, and the home of several apostles. The location of Bethsaida was unknown until 1987 when Arav began a series of probes at suspected sites and unearthed the ruined city.

The entire Bethsaida Excavation Project is housed at UNO, but not all of the trip participants are students. "We get all types," said Green, "high school students, international students, and even the people from UNO are not always from the Religion or Philosophy Departments. Anyone with an interest can go."

Student volunteers who go the see BETHSAIDA, page 2



These three oil lamps from the Bethsaida excavation are about 2,000 years old. The lamps and other excavation items are on display in Arts and Science Hall, room 343.

Belck Confirmed, KFAB Granted Mav Football and Hockey Broadcast Rights

by Harry Mulligan

Nancy Belck was confirmed as chancellor of UNO during the University of Nebraska Board of Regents meeting Saturday and broadcast right were approved for UNO hockey. Much of the meeting was spent discussing the need for coordination between the University of Nebraska (NU) and the State Legislature on requirements for grades K-12.

State Senator Ardyce Bohlke, chairperson of the legislature's education committee, was the guest speaker at the meeting. Bohlke, who represents the Hastings area, presented issues she said called for close cooperation between NU and state senators.

One of the issues concerned a bill Bohlke hopes to get passed. The bill would legislate state-wide standardized testing of core requirements in high school curriculum.

NU President L. Dennis Smith said Nebraska is one of only three states (including Wyoming and Montana) that does not have

standardized state-wide requirements for high school graduation. This makes it very hard to set standards for entrance to the university, Smith said.

The other initiative calling for cooperation between NU and the senators Bohlke said, concerned the state's education system harnessing technology.

"How do we make sure our K-12 fits the university needs?" Bohlke said. "What information does the state need in order to develop a state-wide plan regarding the use and teaching of technology in K-12?"

Bohlke said she was communicating with several work groups from around the state to come up with information applicable to this comprehensive plan. She said these groups consists of people involved in education and technology.

This plan, Bohlke said, is not simply to address how many computers are needed, but

to get deeper and find out what teachers need as well. Bohlke added NU must also have a plan that tracks what prospective teachers need to know in order to function technologically when they get a job.

Smith said an initiative among educators nationally is working toward two main goals which are similar to Bohlke's. The first is to better align K-12 standards, with a means of testing results, Smith said and the second pursues effective teacher training, attempting to find out how best to coordinate among teaching schools to produce teachers with the right skills in technology to teach K-12 effectively.

Both Bohlke and Smith called for better communication and cooperation on these issues in the future.

During the board's administrative agenda,

see REGENTS, page 2

Strolling Becomes Walk on the Wild Side for Unwary

by Stephen Croucher

"About 100,000 pedestrians are injured in motor vehicle crashes each year in this country," said the Insurance Institute for Highway Safety. "Since 1990, 5,500 to 6,500 pedestrians per year have died." Every year since 1990, the number of dead and injured has been increasing rapidly.

Scary figures, aren't they? But this can happen to you, your friend, a family member, a classmate, a teacher and so on. College students are not immune. Last year a masters student in Greenwich Village was killed by walking right in front of a moving car.

With dorms and the new IS&T College coming to campus, the increase in the number of pedestrians around campus is likely to increase the risk of accidents. The number of pedestrians will increase on Pacific Street and in Elmwood Park. One way to reduce acci-

see WALKING, page 3

CAMPUS UPDATE

*The Student Senate and the University of Nebraska Board of Regents will not be meeting during the month of August.

*UNO's College of Information Science & Technology is open for career counseling and fall enrollment. For more information call 554-3819.

*This is the last regular summer issue of the *Gateway*. The next edition is the UNO Guide and will be available Aug. 3. The *Gateway* will resume bi-weekly publication on Aug. 25.

Dig on Hiatus

from page 1

site do far more than just digging away at a plot of land. Recording the findings can take more time than unearthing them. Students are involved with photographing, dating, drawing, recording, registering and washing their finds. Every night at the excavation there is a lecture so students can interact with scholars from a variety of fields who come to Bethsaida.

According to Green there are usually between 35 to 50 people working at the site at any given time and the consortium led by UNO has already uncovered about 25 percent of the city. "As long as our progress is good and we keep producing results, I don't think we will have a problem with continuing to dig after the year 2000," Green said.

The connection between UNO and Bethsaida runs deeper than a license and some student volunteers. Besides the commitment made by faculty in the Departments of Religion and Philosophy, UNO Television has also become involved in the excavation.

David Rotterman, a staff member at UNO Television directed and produced a public television documentary on Bethsaida. "It was an exciting topic for people," Rotterman said. "It was great to be able to highlight a project the university is so involved in." Rotterman's film, "The Lost City of Bethsaida" will be broadcast on September 15 at 8p.m. on NETV.

Belck Confirmed, KFAB Gets Mav Games

from page 1

the regents approved the three year contract with Pinnacle Sports Productions for exclusive broadcasts of UNO hockey and football games. Pinnacle's KFAB radio will be the flagship station for the broadcasts.

Pinnacle agreed to produce a one-hour pre-game, and a one-hour post game show for each game broadcast. They will also air a call-in show once a week featuring the coaches or general sports topics.

UNO will receive \$35,000 in year one, \$45,000 in year two and \$55,000 in year three of the contract and 50 percent of broadcast profits which exceed \$150,000 in the second year, and \$200,000 in the third year. UNO will also receive about \$150,000 worth of air time for promotional and public service announcements during games and throughout the week in hockey season.

The agreement calls for UNO to pick up certain broadcast expenses, such as announcers travel costs, and to give Pinnacle 60 season tickets to the hockey games, and 100 season tickets to football games.

Several regents questioned the amount of money UNO will make according to this con-

Blank Looks for UNO to Meet Omaha's Needs

This is the fourth in a series of stories focusing on the University of Nebraska Board of Regents

by Harry Mulligan

Regent Don Blank views UNO's future as continuing with its original focus of serving the educational needs of the metro area. "You've got to remember, 30 percent of the population in the state of Nebraska lives within about 30 miles of UNO," Blank said. "So it's got a challenge just being what it set out to be, which was a metropolitan, urban university."

The mission of responding to the needs of Omaha makes predicting UNO's future difficult, Blank said. "If you look at where UNO was in the late 60s, when they were still the University of Omaha, to where we are right now, it (the growth) has been tremendous," Blank said. "I'm not sure we can say what new directions UNO will be going 10 years from now."

He supports the proposed student housing for UNO based on the current need to provide housing in certain situations, such as for athletes and foreign students. Blank said he does not foresee UNO turning into a campus with a large on-campus population, such as the University of Nebraska-Lincoln (UNL).

The university system is in a position to strengthen areas of excellence within each

campus, Blank said. He added this appears to be the direction UNO's new chancellor, Nancy Belck, plans to move towards.

Blank supports the raising of entrance requirements as way to strengthen excellence at UNO. "We made this decision four years ago that we were going to ask that our students be better prepared," Blank said. "Because it just didn't make a lot of sense that we were spending a lot of time on remedial classes and on trying to give these students some of the things they should have gotten in high school." Blank said he does not desire an elitist university, but believes students need to come to the university well prepared.

He said he advocates coordination with community colleges in order to keep the door open to higher education for as many students as possible. With community colleges being less expensive, and often closer to some students, Blank said they can help alleviate the high cost of education in the first two years and they are well structured to pre-



Regent Don Blank in 1990, during one of his chairs of the Board of Regents

pare students for entry into four year institutions.

Blank said the proposal for increased need based aid made by Regent Charles Hassebrook in June should be looked at and re-examined yearly to find out if some qualified students are still being denied an education. "We just don't want to say just because your parents weren't wealthy you're not going to get a post secondary education," he said.

Blank said the state has a responsibility to provide higher education for any Nebraskan who wants to pursue a degree. "But I don't think that means automatically that those students should be able to say the state of Nebraska has to provide the funds to go to the university. We're going to provide some funds for need-based students, but there's not going to be enough for all of them," Blank said.

Blank is a dentist in McCook, where he lives with his wife, Jan. He is an alumnus of UNL, active in civic affairs in McCook and has been a regent for 10 years. He is a former Jaycees state president, a vice-president of the national Jaycees, as well as president of the Nebraska League of Cities. Blank also served for many years as mayor and city council representative in McCook. Don Blank can be reached at 811 Norris Ave., McCook, NE 69001 or by phone at (308) 345-6760.



A display showing items from the excavation of the ancient city of Bethsaida is part of the exhibit in Arts and Science Hall, room 343.

tract. Dick Woods, NU's general counsel, said the contract is expected to be much better when it is re-negotiated after three years, due to the expected popularity of the hockey team.

The regents also approved a cooperative agreement between Unocal Central Asia Ltd. and UNO to provide job training to Afghans. They will be trained in such skills as computing and surveying, along with crafts like welding and auto mechanics. These skills will not only help reconstruction of the war torn country, they are also necessary labor requirements for Unocal's pipeline project through Afghanistan.

A bachelor of science degree in architectural engineering at UNO was approved. UNL Chancellor James Moeser spoke in strong support of the program. No new department will be created as the program will function within the College of Architecture and College of Engineering and Technology.

The regents confirmed Nancy Belck as UNO's chancellor.

The regents will not meet in August. The next scheduled meeting is Sept. 5.

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Stress Relief: Take a Deep Breath or Have a "Quickie"

by Linda Black

"What you want to do is get rid of stress on an emotional level and not just a philosophizing level," said Janeska Smith Asante, as she led a Life and Stress Management workshop Thursday night at Borders.

Asante, an herbal practitioner for 40 years with a degree in journalism, started studying whole body healing 25 to 30 years ago. Along with workshops on stress and weight management, she also distributes a free monthly newsletter called "Nature's Elite" at Borders and several other Omaha locations.

Thirteen participants learned an assortment of techniques to help lower stress in everyday life. Asante, who said it's more important to learn techniques rather than talk about stress, started with several meditation techniques.

The first one, called



The "Quickie" is useful if you're in a traumatic situation with the boss, Asante said, and you don't want to "knock him out." The main focus of this exercise is tensing the body as you breathe in to the count of five, hold for five and then release the tension as you breathe out two short breaths.

But as the class tried the routine, the clatter and the noise from the surrounding tables unfortunately nullified their attempts to find peace.

As another exercise was introduced, Asante apologized for the noise and said the exercises would work much better at home. "With regular use, peace will be with you more and more," she said.

The key to all the exercises was the breathing technique, which is done from the diaphragm instead of the chest. When you feel stressed your breathing increases from 12 breaths a minute to 16 or 17 said Asante, and this creates waste matter in the lungs and makes you tired.

"What we want to deal with is the whole

"We have three sides if we are born on this planet — the physical self, the mental self and the spiritual self."

Janeska Smith Asante

self," Asante said. "We have three sides if we are born on this planet — the physical self, the mental self and the spiritual self." The word "holistic" is thrown around today, she said, but many people don't know it means healing the whole self. As Asante passed out notes to go along with her workshop, she touched on techniques to help relieve stress on all three levels.

Most stress is self-inflicted, Asante said. Your thought process is one way stress starts. "If you're talking to yourself, which you do

all the time, it's better to say 'I'm a strong person, a creative person' or whatever you do that's good, not that I'm doing everything wrong." If we concentrate on the positive, that part of our life will grow, Asante said.

Asante described a common way people increase their stress. "A person works for corporate America and has a snobby boss (who is) stressed out all the time, and they try to make your life miserable." Many people create more stress by continually going over such painful scenes instead of putting it out of their minds. "When you do the techniques you don't even attract this kind of situation," Asante said.

What we eat and drink is another source of stress. "The nervous system,

which controls stress, depends on all the B vitamins and substantial levels of vitamin C, and as a rule we're not getting that," Asante said.

The list of foods to avoid include pop, sugar, alcohol, red meat and caffeine. Beneficial foods include vegetables, skull-cap and chamomile tea and brewer's yeast, which is high in vitamin B complex. Fruit, a spiritual food that calms the body, shouldn't be mixed with other foods, Asante said.

What you feed your mind can also cause tension in your life. Asante recommends staying away from gossip and books and movies with no substance. "If it doesn't help you out, what's the purpose?" she asked.

She suggested hanging out with positive people and when people approach with negative information to let it slide off. "Don't let them influence your behavior," Asante said, "because you give away your own power when you do that."

Asante suggested we practice changing behavior patterns that create stress. Be silly, watch comedy, go to new places, make new friends or learn a new language and don't limit yourself.

Comments about class were positive. A 48-year-old married couple, Wendy and Dave Reyes, said the workshop was helpful. "Some of this I knew," said Dave, an employee at Metro Community College. "But there were things in here I wasn't familiar with, especially with the food and drink."

Dave said they went to the workshop because of Wendy's stress. Wendy, a reorder associate, said one area of stress she had was holding in her anger.

Beth, a 35-year-old student, thought Asante was "informative and had a lot of information to share, especially for people who hadn't heard about this."

At the end of the hour class, Asante showed items that could help meditation. Centering, meditation and self-hypnosis tapes, aroma therapy kits, and books on meditation techniques can be purchased at many bookstores.

Walking Can Get Hairy For Unwary Pedestrians

from page 1

dents is to understand why they occur and what can be done to stop them.

According to VICRoads, 5,585 pedestrians died in 1995, and 5,615 pedestrians died in 1996. Fifty-eight percent of these pedestrians were over the age of 16. In fact the majority of those victims, 61 percent, were college students.

Their deaths pri-

marily occurred between the hours of 5 and 8 p.m. on Thursday, Friday and Saturday. This is when most daytime college students are leaving or have left campus. However, night-time college students arrive at school during these peak hours.

Pedestrian deaths usually occur in urban areas. Thirty-three percent of all deaths occur at intersections. The remainder of the deaths are blamed on negligent drivers and negligent pedestrians. For example, students who park across Dodge in the church parking lot, are prime candidates for a pedestrian-motor vehicle accident.

"Many college students around the nation do not use crosswalks when crossing a busy street, especially if they're late for a class. Instead they jaywalk and even run across the street. These two factors double their chances of becoming another fatal statistic," said David Manning, director of the Bureau of

Transportation Safety in Wisconsin. When pedestrians do not follow the laws and safety precautions, accidents are more likely to occur.

Drivers are also a large part of the problem. So what can we do to be safe?

We can't build force fields around ourselves but we can protect ourselves and possibly save our lives through a few easy steps.

As pedestrians, we need to follow the laws of the road. Yes, we do have the right of way. But we can't expect cars to stop on a dime for us - it won't

always happen. A car traveling 30 mph will take 75 feet to stop, according to the Wisconsin Department of Transportation.

So don't push it, look out for cars, just like you want cars to look out for you. Cross the street at a crosswalk.

Drivers also have responsibilities. Drive the speed limit. Everyone says that, but explain to the judge why you weren't driving the speed limit, when you're being sued because you hit a pedestrian.

If drivers and pedestrians work together, maybe pedestrian safety will not become a fatal issue at UNO.

The article contains the opinions of the author.

Gateway Opinion

Founding fathers: models of perfection?

Is a fetus a life or a choice? Should Larry Flint be allowed to publish gross caricatures of Jesse Helms? Should Internet porn be monitored by the government?

These and many other questions have been answered by our interpretations of that age-old document: the US Constitution.

Now, for those of you who may have failed your high school civics class (or merely been sleeping), the US Constitution is the document written by our founding fathers. More specifically it was written by James

Madison and a few others who sat around trying to make compromises on which all the delegates of the Constitutional Convention could agree.

The Constitution is made up of seven articles which describe how the government will work. Those are followed by the

original 10 amendments and, over the years, an additional 17 amendments have been added.

So, what makes this document so special? Well, it has been the basis for our form of government for the past 200-plus years. Its longevity is due, in no small part, to its flexibility. And, it is special because we Americans treat the document with a certain amount of respect.

But what about the authors of the Constitution, how much respect do we hold for them?

Ask an advocate of the right to "keep and bear arms" and he will tell you that the framers of the Constitution should be revered as great wise men for including the Second Amendment, on which they have pinned their gun-collecting hopes.

Ask a person whose mail delivery is slow and he will curse them for Article 1, Section 8. (It makes allowances for a federally run postal service.)

Lately it has become fashionable for talking heads in the media to say, "This is (or is not) what the framers of the Constitution, our founding fathers, intended!"

And, there, folks is the rub. The world has changed greatly since 1791. Our militia is no longer made up of volunteer farmers, but rather professional soldiers. Anyone with a modem and a web page is a publisher. Slavery is not a vague issue we wish to sweep under the carpet. (Slavery was not dealt with properly in order to ensure the southern colonies would sign the document.)

Heck, even in 1791 things were not always so clear to our founding fathers. There is a statement made against the use of cruel and unusual punishment (Eighth Amendment), but the only punishment strictly mentioned is punishment by death in the case of treason (Article III, Section 3.).

So, perhaps when the Supreme Court makes its decisions it should base them upon the idea of "What is proper for our world, today." Too often we worry about what the founding fathers might think of our troubles. Personally I think they would say, "Hey, fix your own mess. We've got problems of our own."

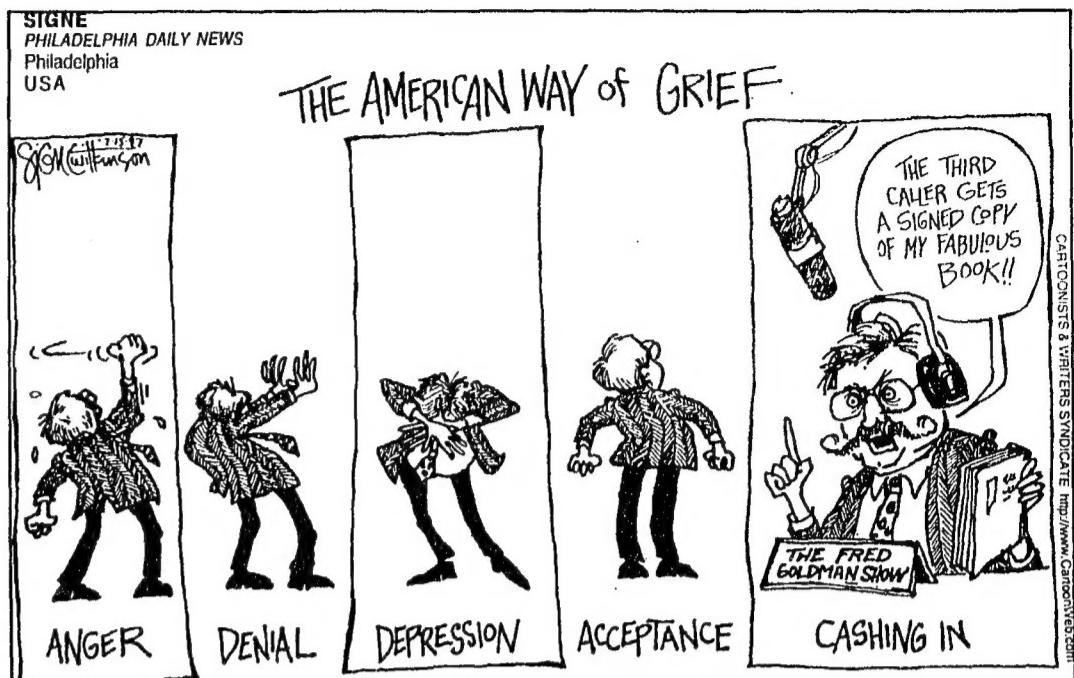
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...And this just in: Andrew Cunanan is still dead

The morning show host turns to the camera and, with a look that says "Ooo, you'll want to see this one," reads something like this from the TelePrompTer: "Coming up next we'll talk with the Mayor of Miami Beach. There has been much specu-

even if the mayor did know, he couldn't tell anyone because it's against the law to do so in Florida.

"If Cunanan did have AIDS, do you think that could explain his actions over the last two months?"

OK, time to flip the TV off.

McNeil and Lehrer is all well and good. But Barnum and Bailey shouldn't be covering news stories.

While I freely grant you that this whole thing is a fairly interesting story there seems to be a little problem developing: The coverage of the murders and subsequent suicide is focused so tightly on the personalities of Cunanan and Versace that it is all beginning to resemble a "Lifestyles of the Stars" column than a news story.

This thing is no longer a story about a series of murders and a suicide. It has become a story about the 'stars' involved.

(As evidence for this, the other murder victims are rarely mentioned except to show them as the background leading up to the Versace murder.)

The facts of the murder and suicide are all pretty much established. There is really very little else to be said about the actual event.

Given that, I can only think of two possible explanations for this continued coverage of a dead guy.

It's possible that we really feel that there just has to be a reasonable explanation for these murders. I mean, no one just snaps for no reason and goes on a killing spree right? People are good. There's got

to be an explanation.

Maybe if we can prove that he had AIDS, then we can say that that must be why he did it. Poor guy.

Well, besides being a terrible insult against everyone with AIDS, it's lame reasoning. Fact is, people do bad things for no reason all the time.

Maybe the coverage continues because the television media is the modern-day circus.

Cue up the monster-truck voice please (complete with booming echo): "It's huge! Come see the gay man kill his ex-lovers, a prominent businessman, and a world-famous fashion designer!"

Please.

The Associated Press reported Monday that the body of Andrew Cunanan was released to a funeral home Sunday. It had to be moved to a second home later because of media scrutiny.

I wonder. Were they trying to get a comment from Cunanan? Maybe a glimpse of the man's body? Or, better yet, perhaps a tissue sample.

Conveniently, the news story revealed the name of the funeral home and cemetery in California where the body will be flown.

That's good. Maybe we'll have live coverage of the services courtesy of the Goodyear blimp.

To coin a phrase, stop the madness.

This is all so insulting and ignoble. To Versace, to the other victims, to gay men, to the television media industry, to the people who watch this stuff, et al.

Summertime: Not Just Those Lazy Days

by Jess Behrens

The dog days of summer are here and with the first bell of the fall semester not far away, UNO's campus appears plain dead. Summer classes are ending and students who normally crowd the tree-lined walkways are instead sitting in the shade, suffocating from the oppressive heat and humidity.

For most people summer is a time for relaxation, vacation and good times. This is changing as more and more students find summer school necessary in order to meet their set graduate date. In fact, most of the students interviewed for this story indicated they preferred summer classes to the traditional 15 week fall and spring versions.

Brian Punteneay, a junior studying environmental science and taking nine hours of summer school, said summer classes are preferable to the longer fall and spring versions because they force professors to focus on what is important. "When you go to class you know the things you hear are vitally necessary to the subject," Punteneay said. "The professor is less likely to go off on a tangent."

Gina Villotta, a senior marketing major who is taking 15 summer credits, echoed this sentiment. "(Summer Classes) go very

quickly so you don't have time to fall behind," Villotta said. "You know you only have five weeks and you're done so you don't mind studying for that short of a time."

She said attending summer school was necessary to receive her degree in a reasonable amount of time, and not because the classes were unavailable in the fall and spring. "I think many people take summer classes to get through (college) as quickly as possible," Villotta said.

"I believe that the classes are adequate, but that too many summer school hours can cause burnout and effect academic performance during the fall," said Sarah Buchanan, a senior majoring in music education. She added she likes summer classes, but said students need to be careful of doing too much.

For Professor George Pavlinek of the Department of Geography-Geology, fall and spring classes are preferable to the short summer sessions. Pavlinek said a 15 week semester gives the student more time to digest and understand information presented in class.

Pavlinek said if the course is well planned, five weeks is adequate time to teach a class. He also said test scores are higher during his

summer sessions. "Basically, these students know what they want. They are directed," Pavlinek said.

Students and faculty aren't the only ones working this summer. For Randy Sell, director of the Office of Financial Aid, summer is very hectic. Sell said despite the decreased amount of face-to-face contact with students, much of the processing for Financial Aid has to be done during the summer. From now until three or four weeks into the fall semester Sell said will be the busiest time for the Financial Aid office.

While Mike Schmidt, manager of UNO's bookstore, and his staff also work hard during the summer, the business tends to be either all or nothing. "The first two days of the session are very busy, then we don't see anybody," he said.

Though the campus may appear to be

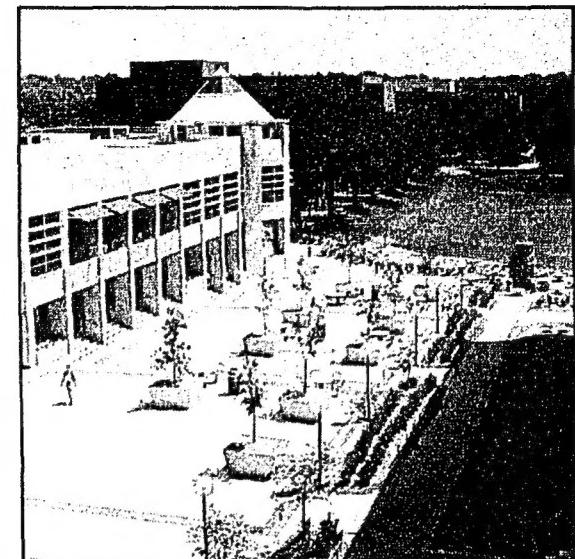


photo by Chad Greene

Though the campus may seem deserted during the summer, if you look hard enough you can find people pursuing their goals in the summer heat.

slumbering beneath the broiling sun, students still learn, teachers still teach, loans are processed and books are purchased. The campus will soon be jumping with the hustle and bustle heralding the start of fall semester—just around the corner on Aug. 25.

Bookworm Reveals Literary Stash

book review by Tamra Willett-Johnson

The greatest gift is a passion for reading. It is cheap, it consoles, it distracts, it excites, it gives you knowledge of the world and experience of a wide kind. Elizabeth Hardwick Book addicts love to share their stash, so I am quite the blissful bookworm to be able to pass on some prime stuff.

The following works aren't on the Best Sellers list, some were issued decades ago and, with one exception, none have been made into a movie. For all their lack of current acclaim, their words are still out there waiting for the caress of your eyes to come to life.

Here, in no particular order, are five of my favorite curl up and escape books.

1) "The Princess Bride" by William Goldman.

My copy is battered, dog-eared, and highlighted. First issued in 1978, "Bride" found new fans with the release of Rob Reiner's movie a few years back. I know, you have probably heard it a thousand kabilion times, but believe me—the book is better than the movie, and the movie wasn't half bad.

This book is one to be read many times. The first time through the reader is carried away by the tale itself—full of giants, swordplay, kidnappings and rescues. Further reading uncovers the metaphors ingeniously woven in the tapestry of action/adventure.

Goldman no doubt intended "Bride" to be sheer fun. His scattered asides add to the sarcastic humor and the plot dips its toe into ludicrous-land more than once. "The Princess Bride" can be read for the action, the humor, or the insights.

2) "Shibumi" by Trevanian.

Don't let the goofy title put you off, this is one of the best spy thrillers ever written. Trevanian, somewhat of a mystery himself, also wrote a series of "sanction"

books, the most famous being "The Eiger Sanction" which was made into a movie with Clint Eastwood.

"Shibumi" tells the tale of Nicholai Hel, raised in the gardens of a Japanese Go master, and becomes a spy/assassin. While it sounds bizarre to cheer on such a man, Nicholai is indeed a good-guy with his own set of morals. He is smart, disciplined, a generous lover and not one to suffer fools lightly.

The next time you have a long flight, a sleepless night, or just wish to shut out the din of reality, pick up this book. Check out local used bookstores for an inexpensive copy.

3) "Maus: a survivor's tale" books I and II by Art Spiegelman.

Winner of the 1992 Pulitzer Prize, "Maus" is the story of Spiegelman's father who survived the concentration camps during WWII. Designed in the format of a comic book, "Maus" actually tells two stories. One plot line follows the horrors of the holocaust and the other illustrates the difficulty Spiegelman relating with his father.

Somehow the cartoon drawings make the story more harrowing and intense. By drawing Jewish people as mice and using cats for the Germans, Spiegelman strips away the humanness that so rarely existed during that time in that place.

Words can seem impersonal—just ink on a page—and can be easily skipped or read lightly so as to not pain the reader. Not so the drawings of "Maus." If you have yet to read a book on the holocaust, this is a good place to start.

4) "Wild Swans" by Jung Chang.

I did not want this book to end. The closer I got to the final page, the slower I read—a true sign of an excellent book.

This non-fiction work is of Chang's family—her grandmother, mother and

herself, growing up in China. It begins with the binding of feet of the grandmother, as she is curried to be a concubine. It ends with the collapse of Mao's government and the awakening of the nightmare that was the cultural revolution.

Chang has remarkable talent. She interweaves seamlessly the impact China's wars, famines, and communism had on her family. "Wild Swans" is a poetic and beautiful book.

5) "Pecked to Death by Ducks" by Tim Cahill.

This book is perfect for those wishing a lighter read and is a true gift for armchair adventure enthusiasts like myself.

Cahill, who is "Outside" magazine's editor-at-large and a contributing editor to "Esquire" and "Rolling Stone," has written two other books with the intriguing titles of "Jaguars Ripped My Flesh" and "A Wolverine is Eating My Leg."

"Ducks" is a collection of short essays about Cahill's various escapades. He tackles caves, mountains, and burning oil fields with a keen writer's eye and none-to-agile body.

Good adventure writers do more than just describe the events in chilling detail. They draw lessons, plumb human nature and illustrate a snapshot of life in colorful prose. Cahill excels at this type of writing. His humor is always at the ready and usually aimed at himself.

Cahill is no superman out to impress you with larger than life thrills. Because of this, you feel you could also fish for tarpon in Lake Patexbatum, stroll through a herd of bison, and dive to observe giant clams off the coast of Tonga with the same humor and grace of the author.

Other authors worth your time and energy are; Elizabeth George and Elizabeth Peters (mysteries), Diana Gabaldon and Nora Roberts (romance—but none of that bodice ripping nonsense), and any of the Travelers Tales (different voices on India, Thailand, food and many other subjects).

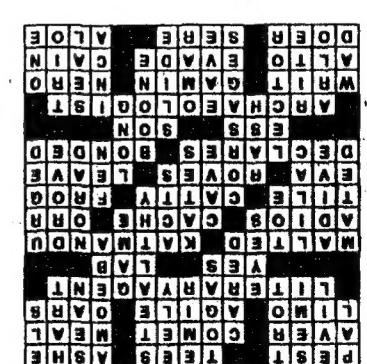
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Answers to the
Puzzle on Page 8.



Young and H.O.R.D.E. Of Alternative Talent

review by Ben Thompson

"Sounds Of The Underground" goes to the H.O.R.D.E. Festival this week.

Hippie Hallelujah

Those followers of "Sounds Of The Underground" might think I'm a bit odd for putting Neil Young anywhere near qualification of alternative or underground music, but think about it—ask your boss or coworker if they can name 10 Neil Young songs and "Rockin' in the Freeworld" doesn't count. You might be surprised to find that so many people know the name, but not the voice, nor the songs he sings.

He's one of those people that you can instantly throw off your shoulder after one song and think nothing more of him the rest of your life. But he's also the wise rocker who's been everywhere and done near everything, and probably wouldn't care if you urinated on one of his albums. Maybe for that reason, he's this year's H.O.R.D.E. Festival headliner.

Joining Young on the battlefield of 100 plus degree days—where you can spend nine hours basting in the sun, only to find out you ran out of money, gas, and suntan oil before the day even started—were Primus, Big Head Todd & the Monsters, Squirrel Nut Zippers, Morphine and more. It's a day-long festival, that if taken as is, would blow the socks off any other major touring festival to be seen this year.

The instrumental lazy and relaxed trippy band, Medeski, Martin & Wood, led off the

day with a bright flurry of songs that amounted to no more than 30 minutes, but was good enough to keep the early concertgoers looking forward to the rest of the evening.

The "Band of Bands" (something like a "Battle of the Bands" contest) winner, Haale, followed M,M & W. Haale opened the second stage with a somewhat surprising set that had most listeners actually interested. The setup of the H.O.R.D.E. Festival was two stages on opposite ends of the grounds, and when bands playing on the first stage were done, a band would step onto stage two, where the music would be sent through speakers back at the main stage for those who didn't want to make the trek.

Toad the Wet Sprocket was a bit disappointing, as the best they could muster were bland versions of several of their hits, including "Fall Down" and "Walk on the Ocean."

The potential surprise of the day was Sky Cries Mary. They were the second band on the second stage and opened to a rather small crowd, but by the end of the band's half-hour set, standing up front and listening to the loud clatter of cheers you could hear how large the crowd had grown.

The Squirrel Nut Zippers, who at first you might gawk at to see them on stage in this festival, not even to mention on the main stage, did grab attention spans and wandering minds before their set was finished. Bluesy-Rock a la Hendrix vs. Blues Traveler



vs. the Allman Brothers Band, Leftover Salmon didn't have much leftover after their brisk half-hour.

When the heat began to die down, the crowd began to soar and Big Head Todd & the Monsters took the stage. A full hour of songs, with enough hits to fill a rock radiohead's best dreams, got the crowd up in anticipation for the night's finale. Ben Folds Five then quietly put to rest a set of cheesy piano-pop.

Les Claypool and his Gang of Holy Men, consisting of two, they thrashed around the stage like wild animals who've found a new way to have fun, make lots of noise and get some great attention all at once. The best part about Primus' set was the good mix of old favorites and new songs off the newly released "Brown Album."

Morphine's lone problem was probably their time slot—not many people were willing to travel across the grounds between Primus and Neil Young to hear a half-hour set of great deep jazz and funky alternative. Those who did find their way to stage number two, got to see a riveting performance by one of the most original acts you can find on stage today.

The anticipation for Young was high; the lighters flicking on and off, the sound of plastic

beer cups hitting the floor and then nothing but a wild, rambunctious roar of the crowd followed by the tingling feel of Young's crashing guitar crunches. His hour and a half set could've only been improved by one thing—a longer encore. After a short recess, Young returned for only one song, crushing many fans, but still leaving a fulfilled feeling in the pit of their stomachs.

Young did play "Rockin'" along with a few other hits from his past and play a handful of songs off his newly released live double album, "Year of the Horse." The more you thought about how few songs Young played, the more you realized how long each song was, with some lasting over ten minutes. Young also introduced the crowd to an acoustic version of a newer song he liked to call "Buffalo Springfield."

While Young may not be young and new to the music scene, he is still new to thousands of potential fans around the world. With his firm music appeal, Young rises to the top every couple of years, often bringing newer bands with him to the top—like when he toured in late 1994 with Pearl Jam, Soundgarden and Blind Melon. This year Young has a full cast of supporting members and looking deep into each one, you can find a bit of Young and youth in them all.

Buddies Robbins and Lawrence Have Certain Something in "Nothing to Lose"

review by Joel Stevens

Buddy movies have a long and mostly undistinguished history in motion pictures. From the days of classic screwball comedies like "It Happened One Night" to the modern era of cops and robbers and "Lethal Weapon," buddy movies are never too far and few between. Now comes the new comedy, *Nothing to Lose*, starring Martin Lawrence and Tim Robbins as a pair of mix-matched "buddies" and one really bad day.

Robbins is Nick (a tall white guy), an ad executive who comes home from work one day when he's not expected, to find his wife in the throws of passion with a man most assuredly not himself. He doesn't scream or smash up his beautiful home or confront his wife. No, Nick simply gets in his Suburban and drives, landing somewhere in South Central Los Angeles.

Enter Lawrence, as T-Paul (a short black guy), a guy down on his luck, family-man turned to crime and his first car jacking. Nick pulls over, T-Paul gets in and as Nick tells him "you picked the wrong guy on the wrong day," right before he tears off through crowded intersections and dense L.A. traffic like a high-speed bumper car, ending up someplace here in Arizona as T-Paul sits terrified beside him. This is how most buddy comedies begin: a chance meeting, a big send up and a couple of guys with absolutely nothing in common.

Nick and T-Paul quickly get "acquainted" regarding Nick's marital problems and T-Paul's inability to find work (he is a gifted electrician) forcing him to turn to crime. As they fight and insult each other from the desert back to Los Angeles, chased by hapless local cops and a pair of shifty stick-up men (John C. McGinley and Giancarlo Esposito), Nick gets an idea. You see, Nick's wife was in bed with another man who he assumed was his obnoxious boss PB. (Michael McKeon), by

an initiated pair of cuff links left on the kitchen counter. His idea is a revenge scenario only the movies would find plausible. Nick and T-Paul plan to steal P.B.'s cash from his office safe and split it down the middle.

"Nothing to Lose" is firmly anchored in the idea that the more these two guys are different and the closer they become despite their differences in the feel good ending, then the better it is and the better it works. It doesn't matter that their friendship is as unlikely as the plot they inhabit — there are certain suspensions of reality you must accept in buddy movies to really enjoy them — it's all to entertain, there's no real message. "Nothing to Lose" tries to be a 90s "The In-Laws" meets "Midnight Run" with much less success.

While the whole point is merely to laugh at the slapstick of polar opposite characters in funny situations, you can't help but recognize the stereotypical dynamic working here — the nice guy yuppie and the fast talking "homeboy" with a heart of gold. The only real depth these two characters possess within writer/director Steve Oderkirk's script (watch for his hammy cameo as a disco loving security guard) seems to be "tall white guy" and "short black guy."

Nevertheless, these two actors are perfect for their roles, they couldn't be more different. Robbins is the prototypical New Yorker, classically trained with talent to back it up as a actor, director, and writer. Lawrence is his typically fast-talking, wise-ass self. He doesn't have the talent or maybe the refinement of a Will Smith nor the crass, poetic genius of his idol, Richard Pryor. But what Lawrence does have is a certain charisma, an "I ain't tough but I talk that way" charm and that attitude carries his performance and "Nothing to Lose" a long way. Just not far enough to say "Nothing to Lose" is anything but a buddy movie.

Hang Ups Getting Over Their Small-time Image

review by Chad Greene

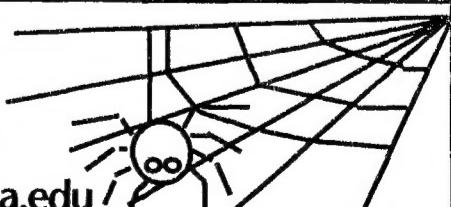
The Hang Ups a local Minneapolis band have released their second national release "So We Go." The band is very, very popular up North and now the rest of the country is starting to wake up and find out why - Pure Pop songs. The Hang Ups were so popular when I lived in Minneapolis, I couldn't go anywhere without people talking about or playing their music. Now with the second album and a song on the "Chasing Amy" soundtrack the band is starting to get some due respect every where else. The song that is currently getting airplay on the River is from the "Chasing Amy" soundtrack, "Jump Start" is also off the bands first album, but watch for the second album "So We Go" to pick up steam as the band does. The band definately has its own sound, no hard guitars, screaming vocals, just pure music with no interference from trying too hard to be cool, like most new bands have.

"So We Go" is full of catchy songs that make you bob up and down without even realizing it. The album starts off with one of two songs that graced the first album, "Top of Morning" and the other is "Greyhound Bus" to end the album. "Top Of Morning" is a quick song a little over two and a half minutes but in that time you become hooked on

the band and their sound. "Greyhound Bus" finishing the album is about the travel to visit friends and a safe trip, a fabulous song. "What It's All About" is a fantastic song about learning, "Isn't it something when you find out what it's all about." "Walkin' Around" is another great song, with lush guitar parts and a folky sound. "So We Go" the album's title track features beautiful vocal harmonies with smoothing music. The song "Sweet Tooth" features lush Beatlesque vocal arrangements, with wonderfully flowing lyrics. One of my favorite songs on the album is "Sittin' In My Room" a song that is always finding it's way to my CD player. "Sittin' in my room waiting for you to call, lookin' at the wall, and it's just like me to think that way." "I'm In The Picture" has a slightly different sound than the rest of the album while at the same time keeping with the HangUps sound. "I'm In the Picture, over to the left, I'm the one who looks like they could use some rest."

The Hang Ups music is so pure and they are some of the nicest people I have ever met, they are bound to make it big. Try this album just once and you will love it, you won't be able to stop yourself, you'll want more.

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Students Should Learn To Budget Their Bucks In College

By Colleen De Baise
College Press Service

Sure, most college freshman arrive on campus with an apartment-sized refrigerator and new sheets for the dorm room. But what about bringing a solid plan for money management, too?

After all, most first-year students have never before been responsible for bank accounts, credit cards, bills and budgets. Just ask Catherine Duffy, 18, who plans to enroll this fall at University of Illinois at Urbana-Champaign.

In high school, Duffy participated in the international Baccalaureate program, managed the softball team and served as editor-in-chief of the newspaper.

But when it comes to balancing a checkbook, her experience is limited. "That's stuff I really have no idea how to do," she says. "I haven't dealt much with actually going to the bank and getting out money. I suppose I really haven't managed my money yet."

Will she open a checking account next month when she moves to Urbana, to pay her phone bills, utility bills and other expenses? "I don't know. I really don't know," she says.

Duffy's lack of financial knowledge isn't unusual. A national study, released in May, found most high school seniors lack the basic personal finance knowledge that they will need to manage their lives, such as handling credit cards, paying taxes, even saving for the future.

The study, conducted by Lewis Mandell, Marquette University's dean of business, also concluded students weren't learning about personal finances in school, either. Just 11 percent of students surveyed said they learned about it in class. Fifty-eight percent said they rely on their parents, not school, to learn about money management.

As a first step, financial experts encourage first-year students like Duffy to turn to their parents when they have questions about money matters. Duffy's parents, Linda and David, say they plan to keep giving their daughter pointers as she becomes more sophisticated with handling her finances.

"The most important thing is just an ongoing con-

versation about money in general," says Linda Duffy. "This is our way to break her into money management."

The experts also offer some basic advice for college students to follow when it comes to bank accounts, credit cards and budgets.

Banking

The first dilemma faced by most college freshman is where to open a bank account in their new city. "Go with a bank that offers that university a discount, like free checking," advises Tess Van Duvall, a debt management counselor at Emory University.

Once a student opens an account, it's important to keep a good record of withdrawals and deposits. "Balance your checkbook at all times," she says, adding that freshmen unfamiliar with a balance sheet should ask their parents to walk through the steps with them.

Students also should be warned to be aware of bank fees, which can be charged if an account dips below a minimum balance, an ATM card is used at another bank's machine or a check bounces. Such fees can add up quickly, says Van Duvall.

Even students who handled checking accounts in high school might need to take on greater responsibility in college.

"When it was home, it was easy to say, 'Hey Mom, Dad—can you cover it,'" says Steve Rhode, president of Debt Counselors of America, a non-profit agency. "The old joke is, 'I can't be out of money because I have checks in my checkbook.'"

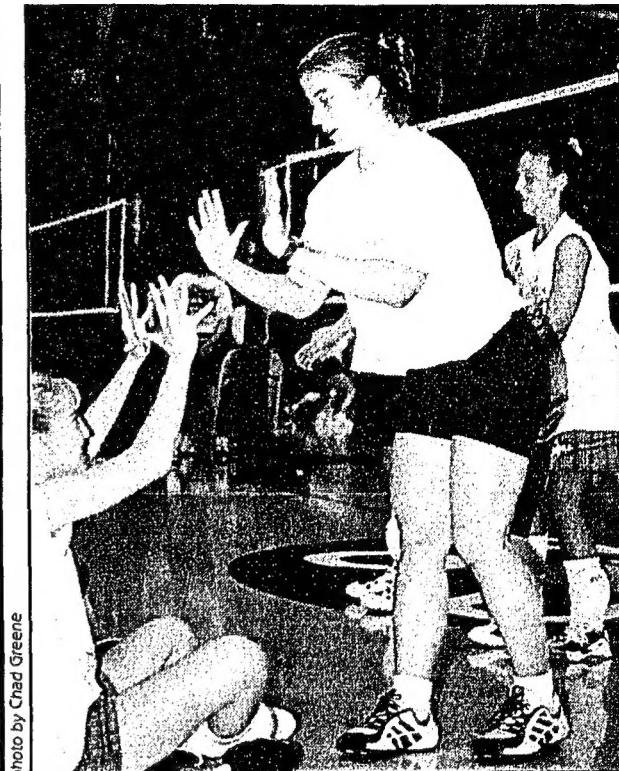
Credit Cards

Students often are welcomed to campus by credit card company representatives, who set up information tables in the student union or stuff brochures into the campus bookstore's bags.

"When [students] get on campus, there will be lots of opportunities for them to apply for credit," Rhode says. While some companies entice students to sign up by offering free gifts, such as beer mugs or clothing, Rhode cautions: "Don't rush into it just for a T-shirt."

Although a charge card can be a good way to establish credit, many students who have them say it's way

This Ain't No Pattycake Camp



Christy Fossum (center) drills with an unidentified girl at UNO's volleyball camp. The camp attracted high school players from across Nebraska and Iowa.

too tempting to start charging with reckless abandon. A recent U.S. News & Report study found that found that between 1990 and 1995 the average outstanding credit card balance of households headed by someone under 25 grew from \$885 to \$1,721.

"You can't tell anyone what to do—but I would advise students from even having one," Van Duvall says. If students do have credit cards, they should establish ground rules for their usage, such as not using them for luxury items or dinners out, for example.

Students should realize that credit cards are a form of borrowing money, and that interest will add up if the balance is not paid in full each month, she says. "A lot of times, these credit card companies give freshman low-interest rates, but it's only for six months," she says. "Know as much as you can about the credit card."

Rhode, too, cautions against students toting plastic in their wallets.

"If a parent is concerned about some type of emergency happening...they can get some type of secured card," he suggests. With a secured card, the parent can limit the ceiling to \$500, \$1,000 or whatever amount they choose, and deposit that amount into a special account.

Students also might choose a debit card, which acts like a credit card but subtracts money immediately from an existing checking account. "But with the debit card there's less consumer protection," he said. Unless it's insured, an account can be cleaned out when a card is stolen.

Budgeting

Like many students, Catherine

Duffy is saving her summer earnings to use as spending money throughout the year. Her parents will pay for tuition, room and board—but that's it.

"Food, party, pizza—whatever she wants extra besides room and board is her responsibility," says her mother. "She'll have to learn how to budget."

Catherine figures she'll spend about \$30 each week on snacks or entertainment. "My dad is insisting he's not giving me any spending money," she says, then pauses. "There's no way I can spend that little."

Van Duvall has a few suggestions on how students can stick to a tight budget: "Use coupons. Go to campus entertainment instead of external entertainment [such as pricey night clubs]. Buy clothes that do not require dry-cleaning. Rent movies. Never eat out."

Rhode agrees that students must track their expenses during freshman year. "There's no way a parent and child can sit down before they go off to school and make up a budget," he says.

Instead, students should categorize where the dollars are spent, whether it's on the phone bill or coffee and muffins. "Then you'll know if you have 'X' amount of money what you'll have to change to not exceed that amount," he says.

The Debt Counselors of America's website provides tips on sticking to a budget, at www.dca.org. Rhode also suggest a few words of advice for freshman who complain they don't have time to track their expenses.

"It's easy to be rich," he says. "It's easy to be poor."

Tips For Sticking To A Budget

You think: It's only a CD. Or a late-night pizza. Or a T-shirt—which, by the way, IS on sale. What harm could it do to charge it or write that check?

Unfortunately, spending on seemingly small purchases, often non-emergency items, add up and eventually can throw budgets into havoc, say debt counselors.

That's why students should get in the habit of taking steps to cut spending and reduce their debt, says Tess Van Duvall, debt management consultant at Emory University. Laying a foundation for good financial health in college can make life easier after graduation, she says.

Whether they are 18-year-old freshmen getting their first credit card or among the older students, many students find themselves facing an array of financial obligations, says Van Duvall.

"Students need to realize that they are entering a time of limited income and maximum expenditures, so cutting costs in lots of areas can only add to their financial well-being," she says.

Van Duvall gives the following tips on how students can better manage their finances and

avoid long-term debt during those early career years:

- Eliminate or reduce credit card balances. "As a student with limited income, the last thing you need is to be paying past debts," says Van Duvall.

- If you have a credit card or student loans, learn how to read a credit report. "If there are errors on your credit card report, they need to be corrected, because it can affect your credit card rating and even keep you from getting lower interest rate loans," says Van Duvall.

- Many lending organizations are adopting a practice called "credit scoring," which judges each individual student borrower, instead of lumping students from one university into the same financial lending category. With credit scoring, says Van Duvall, "one 30-day late payment can make a difference in your loan interest rate."

- Be aware of credit card annual interest rates, and remember the real cost of using a credit card. "When students are tempted to

make a \$1,000 purchase with a credit card, they should remember that the annual interest on even a 12 percent APR card pushes the price to \$1,120," says Van Duvall. "Always think of the total cost of a purchase and ask, 'Do I still want this?'

- If you can eat it, wear it or listen to it, it isn't an emergency and shouldn't be put on credit.

- If possible, pay more than the minimum monthly payments to creditors.

Van Duvall also advises students to be budget conscious about little things, such as buying frozen pizza instead of take-out, taking advantage of on-campus and free entertainment, and sending e-mail versus making long-distance calls.

But her No. 1 piece of advice to students is to get a roommate instead of renting alone. A savings of \$300-\$400 a month on rent over a three- or four-year period adds up to big bucks, she says, and can keep you from having to borrow more heavily to make ends meet.

SPEED BUMP

Dave Coverly



Teen's Experiment Proves What Mom Always Said: Rock 'n' Roll Is Bad For You

By Lorraine Eaton

Knight-Ridder/Tribune

SUFFOLK, Va.—Your mom was right. Rock 'n' roll really does rot your brain.

That's according to David Merrell, a 16-year-old Nansemond River High School student whose school science experiment supports what parents have been saying for years: Hard rock taints the brain well, at least the brains of mice.

Using 72 male lab mice, a stopwatch, a 5-by-3-foot maze and music by Mozart and Anthrax, David worked with an Old Dominion University statistician to establish that rock impedes learning.

In the process, the junior captured

top honors in regional and state science fairs and earned accolades from the Navy and the CIA.

"Don't let your kids listen to hard rock music," he said. "I think it has a major negative effect."

To prove his point, David assembled three separate groups of 24 mice: a control group, a hard rock group and a classical group. To ensure scientific validity, each white mouse weighed between 15 and 20 grams, was 4 to 6 weeks old and was bred to ensure no genetic abnormalities existed.

The mice spent the first week getting used to their environment in David's parents' basement. They received measured feedings and 12 hours of light each day.

Each mouse navigated the maze to establish the base time of about 10 minutes.

Then David started piping in music 10 hours a day. The control group navigated without music. He put each mouse through the maze three times a week for three weeks.

The results: the control group shaved five minutes from its original time.

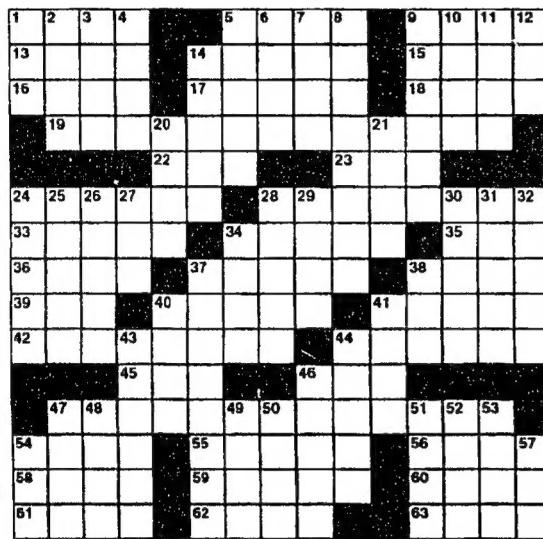
The mice that navigated the maze with Mozart knocked 8&1/2 minutes off their time. But the group listening to hard rock bumped through the maze, taking an average of 30 minutes, tripling the amount of time it previously took to complete the maze. Most noticeably, the hard rock mice didn't sniff the air to find the trails of others that came before them.

"It was like the music dulled their senses," David said. "It shows point-blank that hard rock has a negative effect all around. I can't think of a positive effect that hard rock has" on learning.

In fact, David thinks the negative effects go well beyond learning.

During the four-month experiment David housed each mouse in separate aquariums. That's because last year, for a similar project, he kept all the hard rock mice together, all the classical mice together and all the control mice together. The results were horrific.

"I had to cut my project short because all the hard rock mice killed each other," David said. "None of the classical mice did that at all."



Answers Can Be Found on Page 5

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